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'Canada is Indian land': New chief

Assembly of First Nations. Chief says they will no longer accept poverty as companies get rich off their land

Declaration

"To the people across this great land, I say to you that the values of fairness and tolerance which Canada exports to the world are a lie when it comes to our people."

Perry Bellegarde, new national chief of the Assembly of First Nations

The new national chief of the Assembly of First Nations says it will no longer be business as usual when it comes to development on First Nations land.

In a fiery speech to assembly delegates in Winnipeg on Wednesday, Saskatchewan's Perry Bellegarde singled out pipelines and energy development as one of the front lines in his battle to put First Nations on equal footing with the rest of Canada.

"To the people across this great land, I say to you that the values of fairness and tolerance which Canada exports to the world are a lie when it comes to our people," Bellegarde said.

"Canada will no longer develop pipelines, no longer

develop transmission lines or any infrastructure on our lands as business as usual.

"That is not on."

He pledged opposition to any project that deprives First Nations a share of the profits.

"We will no longer accept poverty and hopelessness while resource companies and governments grow fat off our lands and territories and resources," he said.

His final remarks drew one of the loudest responses from the crowd.

"Canada is Indian land," he said. "This is my truth and this is the truth of our peoples."

Bellegarde took 63 per cent of the 464 first-ballot votes cast, more than the 60

per cent required for victory.

Ghislain Picard, the assembly's interim leader, finished second. Leon Jourdain, chief of the Lac La Croix First Nation in Ontario, finished third.

Bellegarde, who is chief of the Federation of Saskatchewan Indian Nations, ran a campaign that focused on self-determination and a pledge to restore pride among First Nations.

He told reporters the assembly under his leadership will "be respectful, it's going to be responsive and it's going to be relevant to First Nations people."

"I believe it's a strong mandate and I'm humbled."

THE CANADIAN PRESS



Assembly of First Nations national chief Perry Bellegarde speaks to the crowd after being elected on Wednesday. TREVOR HAGAN/THE CANADIAN PRESS

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Mayor loses severance vote

6-10. Coun. Ross Eadie says he's getting thanks behind-the-scenes



BERNICE PONTANILLA
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Mayor Brian Bowman suffered his first setback on Wednesday, losing his bid to axe the practice of giving city council members severance when they leave office or are voted out.

Only Bowman and Couns. Scott Gillingham, Janice Lukes, Marty Morantz, John Orlikow and Russ Wyatt supported the mayor, so his motion was defeated 6-10.

After the daylong meeting, Bowman said while he's disappointed his motion on severance didn't pass, he was pleased that two others — on the 50 per cent cut to executive policy committee member top-ups and tightening of expenses — were.

"Those are very significant moves we also introduced, and I was very pleased with the level of support on a number of other very important resolutions or motions," he said, adding he continues to believe it's a

"political payout" and won't take it when he leaves his job as mayor.

"On the issue of severance, I am disappointed. I'm disappointed for Winnipeggers. This was a key opportunity for city council to bring in more positive change."

Bowman said he won't be giving up on the severance issue. However, when asked by Metro if that means another motion, he said he respected Wednesday's council decision.

Coun. Ross Eadie, who led the charge against the severance pay cut, said he thought the vote would come down to 8-8 and was surprised, given the political "pressure," that 10 stood up for severance.

"Can't we bring people up? Why do we have to drag everybody down?" Eadie said after the meeting.

"I know that behind the scenes, I'm getting thanks from people."

Eadie said council's pay structure is up for review in 2018 and he's willing to look at other options on severance, such as making it conditional that if a councillor or mayor finds another job, they don't get it at all or at least they might receive less.



Mayor Brian Bowman said he's disappointed council members voted down his proposal to do away with "political payouts" during Wednesday's meeting. **BERNICE PONTANILLA/METRO**

Eadie's mailbox motion sent to committee

Coun. Ross Eadie delivered on his pledge to bring forward a motion addressing accessibility issues at Canada Post community mailboxes in his area.

Eadie, whose Mynarski ward saw the mailboxes recently installed, said the city is entering a difficult budget year and cannot afford to take on the responsibility

for maintaining the areas around the mailboxes.

"Coun. Morantz alluded to it, while it's not a 'crisis,' it's a difficult thing to balance the (2015) budget," said Eadie after Wednesday's city council meeting, referring to finance chair Coun. Marty Morantz.

In a previous interview with Metro, Eadie said he's

getting complaints about vehicles blocking the mailboxes, about windrows, and about snow accumulation on adjacent sidewalks.

Eadie's motion, seconded by Coun. Devi Sharma, was automatically referred to the infrastructure renewal and public works committee's January meeting.

BERNICE PONTANILLA/METRO

Eadie/Sharma motion

Canada Post must take responsibility for facilities installed like any property owner. The Winnipeg public service must:

- Define responsibilities as property owners of mailbox installations

- Install no parking/loading zones on roadways adjacent to mailboxes.

- Clarify responsibility of Canada Post to clear any snow around mailboxes.

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CMHR sees double expected visitors

International attention. Museum says people have come from around the world



SHANE GIBSON
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The Canadian Museum for Human Rights has had more visitors through its doors in their first three months than they had projected to see in twice that time.

A museum spokesperson told Metro roughly 110,000 people have visited the museum since its limited opening in September, bettering the 100,000 they'd hoped to have seen by next March.

The numbers were released at the museum's annual public meeting held Wednesday.

"This building has seen very little downtime since

our opening weekend," said CMHR interim president and CEO Gail Stephens in a speech at the meeting. "We have hosted visitors day and night, seven days a week."

Museum spokesperson Angela Cassie said around 40 per cent of the museum's visitors since September have come from outside the province, and in a release the museum said roughly a third of those came from outside Canada including the U.S., China, El Salvador and Bosnia.

While exact figures on what the increased attendance has meant for revenue weren't available Wednesday, Cassie said between the extra visitors and money brought in through booked events, membership sales and visits to the boutique and ERA Bistro, the facility is off to a good start.

"You can't say we've accomplished everything after just three months ... but it's

New tour

The CMHR is launching a new Spirit Tour in January that will give visitors the chance to learn about how symbolism in the building's architecture relates to First Nations culture from the museum's indigenous program interpreters.

certainly giving us a great sense of what people are looking for," she said.

The museum projects to have 20,000 visitors a month and see a little over \$1.5 million in revenue in its first year.

The museum's next projects include recruiting a new president and CEO, developing strategies for a new gallery and 350-seat theatre, preparing for the first school groups in January, and ongoing tourism and promotion collaborations.



Canadian Museum for Human Rights interim president and CEO Gail Stephens speaks at the museum's annual public meeting Wednesday. The museum announced they've seen more visitors than expected since opening. SHANE GIBSON/METRO

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West Alexander

Cops hunt suspects after store robbery

Police are looking for two men after a West Alexander convenience store was robbed of cash and smokes Monday night.

Both suspects are black, roughly 21 years old, with medium builds and short, dark, afro-style hair. Anyone with info is asked to call 204-986-6219. **METRO**

Charleswood

Two men hold up hotel beer vendor

Police are investigating after a Charleswood beer vendor was forced to hand over cash at a hotel on Dale Boulevard on Monday evening after 9:30 p.m..

The clerk was not injured and the suspects fled the store. Anyone with information is asked to call 204-986-6219. **METRO**

Stonewall. Man injured by ambulance at crash scene

A man was slightly hurt when an ambulance that had responded to a collision northwest of Winnipeg was pushed into him by a pickup truck.

Stonewall RCMP say the man was a family member of one of the drivers in the original crash.

The ambulance had come to help the two drivers, who

had minor injuries. It was parked in the curb lane on CentrePort Canada Way with its lights on.

Police say a pickup truck struck the ambulance from behind and the driver then fled.

Two medical-services workers inside the ambulance also had minor injuries. **THE CANADIAN PRESS**



Const. Rochon and Const. Allison sit with their partners, students Terry and Liam from École Varennes, as they anxiously wait for the shopping spree to begin. ADRIANA MINGO/FOR METRO

Lucky kids hit shops with cops

St. Vital Centre. Police officers, local students team up for a two-hour, \$200 shopping spree at the eighth annual CopShop event

the bags."

Breakfast and lunches were provided for the children and officers, donated by various mall vendors, including Booster Juice, Vanellis and New York Fries.

Many of the children chose to spend their money on clothes, video games, toys and books.

Jaiden, a student from Marion School, bought a game for his Nintendo DSi with his police partner, Const. Brad Sparrow. Jaydeen, also a student from Marion, bought some Katy Perry items and makeup with her partner, Const. Marlene Hyde.

ADRIANA MINGO

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More than 60 police officers filled the St. Vital Centre food hall on Wednesday, but they weren't there to arrest anyone.

Instead, officers were there to shop at the eighth annual CopShop.

The event partners a Winnipeg police officer with a child, who receives a \$200 shopping spree donated by the mall and two hours to shop along with an officer.

Children, selected from school divisions across Winnipeg, were nominated based on a variety of criteria, including need, achievement and community involvement.

"These kids are deserving — they've earned their way to get here," said Cheryl Mazur, St. Vital Centre general manager.

"Some of them come in here and they've never been to this shopping centre. We had one child one year who wanted to use a good part of his gift card on Kraft Dinner, because they needed food. Now we actually put some in

Quoted

"These kids are deserving — they've earned their way to get here."

Cheryl Mazur, St. Vital Centre general manager

The officers picked up their child partners in the morning at their school and dropped them off after the event was over.

Mazur said many of the children write thank-you notes out of appreciation for the event.

The Winnipeg Police Service said the event is a good way to positively connect police officers with youth.

FOR COVERAGE OF THE EVENT IN HALIFAX, TURN TO PAGE 8.



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Former Winnipegger Aisha Alfa brings her standup comedy to the Park Theatre on Thursday, Dec. 18. HANDOUT

Finding humour in just being herself

Aisha Alfa. Comedian parlayed heartbreak into a successful year and 'having more fun'

JARED STORY
winipeg@metronews.ca

Aisha Alfa kicked 2014's ass. In the last year, the Toronto-based comedian and former Winnipegger has co-hosted MuchMusic's Video on Trial and appeared on MTV Canada's Deglassi: The Next Generation. In October, Alfa taped an episode of CBC Radio's The Debaters and earlier this month she was one of a handful of comedians that showcased for TV industry players at the StandUp NBC event in Los Angeles.

Also, Alfa recently earned a scholarship to study at The Second City in Toronto and she joined the cast of Air Farce. Alfa will appear on Air Farce New

Year's Eve, airing Dec. 31 at 8 p.m. on CBC.

Alfa said she really started feeling confident as a comic after going through a big breakup in early 2014.

"I started to be really honest on stage," Alfa says. "There was a moment where I was like, 'I can't do comedy, I feel so sad,' and then I went on stage and said, 'I'm just crying all the time,' and everyone started laughing and I thought, 'Wow, I can tell ... people what I'm feeling in the moment.'"

"It was so much more freedom. I started being more authentic and being more me and then also having more fun."

Fun, and a little filthy. Alfa, who started her comedy career in the 'Peg, said she was hesitant to work blue in her hometown, because she was working in media and doing motivational speaking at the time.

"I talk about vaginas and dicks all morning and all night," says Alfa jokingly. "Now, I think I speak onstage more how I do

Not Your Granny's show

Aisha Alfa headlines the Not Your Granny's Holiday Show at the Park Theatre on Thursday, Dec. 18.

- Winnipeg comics John B. Duff, Tyler Penner, Matt Nightingale and Mike Green are also on the bill. Tickets are \$15 at the Park Theatre, Music Trader and ticketfly.com. Showtime is 8 p.m.

in real life. Maybe because I'm single and want to have sex.

"I'm trying to bring out more clean jokes, too. I want to do TV and corporate stuff and be in festivals, so I can't just talk about sex. That said, I think a lot of people at corporate events would love to hear about sex. They're just afraid their boss is going to go, 'You're fired for laughing at that pussy joke!'"

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Hungry polar bears. Six cubs shot in remote Arctic

Residents in a remote Arctic hamlet are baffled and saddened by the number of hungry polar bear cubs that have wandered into their community since the fall and have had to be shot.

Six bears have been spotted in the Nunavut community of Taloyoak since late September, said Bob Lyall, who works with the local Hunters and Trappers Organization.

"They're scavenging," he said Wednesday. "They're nothing to fool with. It's a scary situation when it happens."

Taloyoak is used to polar bears and has an annual hunt-

Large bears

Bob Lyall says one of the bears scavenging for food was over two metres long.

- One was spotted in town just as children in school were about to be let out for recess.

ing quota of 25. The six kills since September will come off that quota.

But Lyall said no hunter is happy about having to kill a cub. **THE CANADIAN PRESS**

Yukon

Dogs plus matches can equal house fire

A couple of dogs likely started a house fire by chewing or playing with a box of matches, the Yukon's fire marshal says.

Dennis Berry is warning against leaving matches

where pets can get them.

An investigation determined the fire started in or beside the dogs' bed, and the source of ignition was likely the "strike anywhere" matches, he said.

The pooches escaped through a doggy door. Berry said there was smoke damage to the one-storey residence.

THE CANADIAN PRESS

Halifax police hit the mall for a good cause at CopShop



Halifax Regional Police Const. Stacey Opalka snaps a selfie with Destiny Galant and Santa during the 10th annual CopShop event on Wednesday.
JEFF HARPER/METRO IN HALIFAX

Holiday spirit. Annual shopping event in Halifax helps kids discover that officers are real people

STEPHANIE TAYLOR

halifax@metronews.ca

Destiny Galant skips down one of the aisles of Sport Chek, passing display shelves stacked with boxes of winter boots.

"What about these?" Halifax Const. Stacey Opalka asks the nine-year-old, pointing to a child-sized Sorel boot.

"No," Destiny replies.

"What about these?" Opalka asks again, picking up a similar boot a few feet down.

"No," the nine-year-old says again, arriving at the store's shoe wall, reaching to grab a woman's black UGG boot priced at \$197.98, calling out, "Stacey, these."

Opalka shaking her head,

smiles. "She's got good taste though."

A group of 50 Halifax Regional Police officers traded in their blue hats for reindeer antlers and elf ears as they played personal shoppers to 52 children Wednesday morning for the 10th annual CopShop at the Halifax Shopping Centre.

The event gave each child a \$200 gift certificate to the mall, a stocking filled with goodies from Old Saint Nick, as well as a free winter coat from Sport Chek. Besides helping the children get into the holiday spirit, a spokesperson from the mall explained the event is a chance to teach kids that police officers are real people.

"It lets them see (cops) as not only stoic police officers, but also warm cuddly teddy bears, too," Stephanie Schnare said.

For the first time this year, Schnare said, the mall handed out an extra \$10 gift certificate for the children to buy a toy to later donate to a family in need.

Ford planning mayoral run in 2018, health permitting

Quoted

"If my health holds up, my name will be on the ballot." Ex-mayor of Toronto Rob Ford

Rob Ford says he's due for a fifth round of chemotherapy next week but that if he beats cancer he'll take another run for mayor of Toronto.

Ford, now a city councillor, told local TV station CP24 that his health is up and down but that he's "not going to stop fighting."

Ford says he is returning to hospital Monday for five straight days of treatment with results due in 2015, adding that chemo leaves him laid out in bed for a week.

Asked about a comeback mayoral campaign in the 2018 election, Ford says "if my health holds up, my name will be on the ballot."

The controversial ex-mayor ditched his re-election campaign after being diagnosed in September with a rare and aggressive form of cancer, but ran

for council and took back his old seat.

In the interview, Ford was repentant for his past unsavoury behaviour that brought international attention to the city — from admitting to smoking crack to his lewd remarks — saying "it was all my own fault." **THE CANADIAN PRESS**

Greenhouse gas. Critics insist Harper can move on emissions without U.S.

Opposition critics and energy experts are questioning Prime Minister Stephen Harper's contention that Canada can't move to curb greenhouse gas emissions from the oil and gas sector without American alignment.

Harper this week flatly ruled out what he calls unilateral action on long-awaited regulations, which his government has been promising since 2007.

New Democrats Megan Leslie and Libby Davies each

asked the government on Wednesday to provide some evidence it has begun talks with the U.S. administration over common oil and gas regulations.

Conservatives in Parliament responded by attacking NDP policies.

Experts in the energy sector, meanwhile, say many jurisdictions — including the European Union, Norway, a number of U.S. states and Alberta — have moved ahead

with their own oil and gas sector regulations.

Economist Andrew Leach of the University of Alberta, calls Harper's comments "astounding."

Leach says he wonders if the prime minister really believes the oilsands industry is so fragile that it is between 10 and 40 cents a barrel away from collapse — the cost Leach says a regulatory regime would impose.

THE CANADIAN PRESS

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Over the years, the branch has worked with its customers through the highest and lowest of economic times and technological changes that have revolutionized banking services. While most transactions used to be in-person and processed manually, today customers can choose when and how they bank, whether it's online, using mobile devices, by phone, at a bank machine, or at their branch.

The branch has grown with the neighbourhood over the past 50 years. And while there been many changes, what has not changed is Scotiabank's focus on the customer and helping them with their personal and business banking needs.

Many of the same branch staff has helped customers over the years, including Gerry Desrosiers, branch manager from 1980 to 2000, and Darrell Barber who was at the helm for the past 14 years. Today, new branch manager Heather James leads a team of 22 employees.

In addition to serving the needs of its customers, the branch and its employees have supported many local charities and community initiatives through Scotiabank Bright Future, the Bank's global philanthropic program.

The branch supported the Bernie Wolfe Community School's breakfast program, clothing drive, and raised funds through book and bake sales. And since 2008, Scotiabank participated in the Concordia Foundation Empowered Run/Walk, raising over \$30,000 to help the hospital promote health, research and education in the community.

Scotiabank and the team at the Nairn & Panet branch look forward to continuing to strengthen its relationships with the community and helping customers with their personal and business banking needs.

Canada will act on tips from torture: Official

Intelligence information.

A spokesman for Public Safety Minister Steven Blaney said that the government will act on 'a tip from any source'

The federal Conservatives say they don't condone the use of

torture, but will continue to act on intelligence when "Canadians' lives are in danger."

A spokesman for Public Safety Minister Steven Blaney's office said Wednesday that Canada does not engage in, nor condone, torture by national security agencies.

But Jean-Christophe de Le Rue said that Canada will act on "a tip from any source" if Canadians' lives are in danger.

Quoted

"Canada doesn't torture anyone. Period. Period."

Foreign Affairs Minister John Baird, after a news conference.

"The primary responsibility of Canadian security agencies is to protect Canadian life and property," de Le Rue wrote in a prepared statement.

Critics are calling on the government to take away Can-

adian security agencies' ability to send or request information to foreign partners that could lead to torture.

The calls come a day after the U.S. Senate revealed the CIA misled its political masters

about how widespread and brutal the Bush-era practice of "enhanced interrogation techniques" of detainees was.

The report detailed the conditions imposed on detainees in CIA black sites across the world. Techniques used by American agents and contractors included forced rectal feeding, and frequent waterboarding (simulated drowning).

Five Canadian security agen-

cies can use national security information from foreign partners, even if it was obtained through torture. Speaking earlier Wednesday, Foreign Affairs Minister John Baird refused to address questions about domestic agencies' use of information gained from CIA torture.

TORSTAR NEWS SERVICE

FOR MORE COVERAGE ON THE U.S. TORTURE REPORT, SEE PAGE 14.



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A hockey legend remembered

Pallbearers and former Montreal Canadiens teammates (clockwise from back left: Guy Lafleur, Jean-Guy Talbot, Robert Rousseau, Serge Savard, Yvan Cournoyer and Phil Goyette) carry the casket as family members walk behind after the funeral service for Canadiens legend Jean Béliveau on Wednesday in Montreal. **PAUL CHIASSON/THE CANADIAN PRESS**

2012 report

Tories warned of Veterans Affairs caseload

The inability of Veterans Affairs to spend \$1.13 billion over the past eight years should have come as no surprise to the Harper government, which was warned two years ago that the department was struggling to forecast the future needs of its clients.

Buried deep in auditor general Michael Ferguson's fall 2012 report was a warning that Veterans Affairs was producing inaccurate forecasts of future client needs that were based on historic data, rather than current information. The report also took aim at the case management and referral system for operational stress injury clinics. **THE CANADIAN PRESS**

Signed in 1997

U.S. may join treaty against landmines

The Canadian foreign minister who was a driving force behind a treaty to ban landmines 17 years ago says he sees encouraging signs that the United States will finally sign on.

Former Liberal foreign minister Lloyd Axworthy says American support would be a major boost to the treaty, which the U.S. and three dozen other countries have snubbed since it was signed in Ottawa in 1997. This week U.S. Secretary of State John Kerry said his country was going to look at joining the Ottawa Convention.

In a column published earlier this week in the American newspaper, USA Today, Kerry said landmines remain a hazard in 60 countries. **THE CANADIAN PRESS**

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Stem cell research touted as breakthrough

A Canadian-led international team of researchers has begun solving the mystery of just how a specialized cell taken from a person's skin is reprogrammed into an embryonic-like stem cell, from which virtually any other cell type in the body can be generated.

The research is being touted as a breakthrough in regenerative medicine that will allow scientists to one day harness stem cells to treat or even cure a host of conditions, from

blindness and Parkinson's disease to diabetes and spinal cord injuries.

Besides creating the reprogramming roadmap, the scientists also identified a new type of stem cell, called an F-class stem cell due to its fuzzy appearance.

Their work is detailed in five papers published Wednesday in the prestigious journals *Nature* and *Nature Communications*.

Dr. Andras Nagy, a senior scientist at Mount Sinai Hos-

pital in Toronto, led the team of 50 researchers from Canada, the Netherlands, South Korea and Australia, which spent four years analyzing and cataloguing the day-by-day process that occurs in stem cell reprogramming.

The work builds on the 2006-07 papers by Shinya Yamanaka, who showed that adult skin cells could be turned into embryonic-like, or pluripotent, stem cells through genetic manipulation, a discov-

ery that garnered the Japanese scientist the Nobel Prize in 2012.

Nagy likened the roughly 21-day process to complete that transformation to a "black box," so called because scientists did not know what went on within the cells as they morphed from one cell type into the other.

The result is a database that will be available to scientists around the world.

THE CANADIAN PRESS



Sandbags are placed along the shores of Locarno Beach in Vancouver on Wednesday. Severe rains along with a rare king tide are threatening homes in low-lying areas. JONATHAN HAYWARD/THE CANADIAN PRESS

B.C. readies for heavy weather

Vancouver area and Vancouver Island.

Some cities have called a state of emergency as flooding expected

Some 30,000 sandbags line a stretch of low-lying waterfront land in Vancouver, placed by city workers, in a bid to protect local homes from an anticipated king tide.

The task was completed by about 45 workers in advance of Wednesday's forecasted weather event, which could coincide with the same type of high winds and heavy rains that have already cut power to thousands of residents across the south coast and flooded streets.

In the Vancouver Island city of Courtenay, for example, municipal leaders declared a state of emergency because of flooding that has closed roads, facilities and parks. The city has asked about two dozen residents to leave a mobile-home park.

A local state of emergency was also declared in part of Tsawwassen where, Delta Mayor Lois Jackson said, a section of seawall about 70 feet long has collapsed.

Jackson said the collapse has opened that entire area to the sea.

George Harvie of Delta's engineering department said a house near the wall has been evacuated and crews hope barriers they have erected are strong enough to hold.

Considering the time of year, though, the powerful weather like king tides is not completely unanticipated.

The B.C. Ministry of Environment website reports they occur about twice a year, are

typically more dramatic in the winter, and occur when the sun and moon's gravitational forces reinforce each other, and the moon is closest to the Earth.

Brian Crowe, a spokesman for the City of Vancouver's engineering department, said king tides can approach five metres in elevation, or about one metre higher than a typical high tide, and can form storm surges when they are combined with low-pressure systems.

He said Wednesday's king tide is forecast for 5.5 metres, which is the same elevation of water that flooded Locarno Beach Park on the city's waterfront in 2012, but not nearby homes.

Batten down the hatches

5.5m

The height of the king tide anticipated for Wednesday.

"We have sandbagged about 200 metres in the lowest area along Marine Drive adjacent to the park to ensure the water can't get past the edge of the park into the neighbourhood," he said.

"This is a proactive move. We don't actually believe the water will be high enough tomorrow to cross the street, but we have high tides happening periodically through the Christmas season until early in January."

A frontal system is expected to approach the region overnight, and Environment Canada says it could bring as much as 50 millimetres of rain to the east coast of Vancouver Island and Metro Vancouver's North Shore mountains.

THE CANADIAN PRESS

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Torture report. CIA fights to write historical record

Top spies past and present campaigned Wednesday to discredit the Senate's investigation into the CIA's harrowing torture practices after Sept. 11, 2001, battling to define the historical record and deter potential legal action around the world.

The Senate intelligence committee's report doesn't urge prosecution for wrongdoing, and the Justice Department has no interest in reopening a criminal probe. But the threat to former interrogators and their superiors

was underlined as a UN special investigator demanded those responsible for "systematic crimes" be brought to justice, and human rights groups pushed for the arrest of key CIA and Bush administration figures if they travel overseas.

Current and former CIA officials pushed back, determined to paint the Senate report as a political stunt by Senate Democrats tarnishing a program that saved American lives.

THE ASSOCIATED PRESS

Zacarias Moussaoui

'20th hijacker' asks for transfer to Guantanamo Bay

An imprisoned man known as the "20th hijacker" in the Sept. 11, 2001, terror attacks asked a South Florida federal judge Wednesday for a transfer to the military prison at Guantanamo Bay, Cuba, where several alleged

senior terror plotters are awaiting trial.

The request is part of two rambling, handwritten letters filed in Miami federal court by Zacarias Moussaoui. He is serving a life prison sentence after pleading guilty in 2005 to conspiring with the 19 hijackers in the attacks.

Moussaoui signed one letter as the "so-call 20th hijacker" and a "Slave to Allah." THE ASSOCIATED PRESS

Report casts new shadow over Zero Dark Thirty film

Story of hunt for Osama bin Laden.
Made with rare blend of traditional filmmaking and journalism

Quoted

"It's complicated. It's very, very, very complicated."

Kathryn Bigelow, director of Zero Dark Thirty

The damning Senate Intelligence Committee report on post-9/11 interrogation techniques has cast a new pall over the 2012 film Zero Dark Thirty.

Kathryn Bigelow's drama about the hunt for Osama bin Laden ignited controversy for implying that the "enhanced" interrogation techniques of the detainee program helped lead to finding bin Laden. Bigelow claimed that torture was a part of the story that couldn't be ignored.

The Senate report released Tuesday found that the coercive techniques led to no unique intelligence, a conclusion that seemed to debunk, officially, part of the narrative

suggested by Zero Dark Thirty.

California Sen. Diane Feinstein, the Democratic chair of the Intelligence Committee that released the report, had been one of the most vocal critics of Zero Dark Thirty. In a 2012 letter to Sony Pictures co-signed by Republican Sen. John McCain, Feinstein called the film "factually inaccurate" and wrote that filmmakers had an obligation not to "shape American public opinion in a disturbing and misleading manner."

Bigelow was asked about the report on The Daily Show on Tuesday while promoting a short film about elephant poaching and the ivory trade.



Director Kathryn Bigelow attends the 86th Annual Academy Awards Oscar Foreign Language Reception at LACMA on Feb. 28 in Los Angeles, Calif.

VALERIE MACON/GETTY IMAGES

"We made the movie based on the reporting that we did," said Bigelow. "I applaud transparency in government, so I think it's good that it's out there." THE ASSOCIATED PRESS

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Extinction looms for northern white rhino

Kenya. Natural reproduction fails for three of the world's six remaining northern white rhinos

The task was never going to be easy: Fly four highly endangered rhinos from a Czech Republic zoo to East Africa, drive them to the savannah grasses of Mount Kenya and hope that the natural environment helps produce a calf, staving off extinction.

The experiment has all but failed.

The keepers of three northern white rhinos in Kenya — half of the world's remaining rhinos of that species — have begun saying publicly for the first time that their one male and two female rhinos will certainly not reproduce naturally.

The silver lining, though, is science. Efforts will now be made to keep the species alive through in-vitro fertilization, and possibly by working with the rhinos' genetic material in a budding field known as de-

extinction.

"We always knew from the very beginning that the chances of this working were small even if they bred," said Richard Vigne, chief executive of the Ol Pejeta Conservancy, where the rhinos have lived since 2009.

The conservancy said in a statement Wednesday that artificial reproductive techniques "could provide the last chance of survival for the world's most endangered mammal."

That echoed the phrase written on the wooden crates the rhinos were transported in from Nairobi to Ol Pejeta: "Last Chance to Survive."

Some animal experts at the time said the effort was too little, too late, and that the experiment's budget could have been better spent on other conservation projects.

But the bulk of the more than \$100,000 effort came from a donor — Alastair Lucas, then the vice-chairman of Goldman Sachs in Australia — who wanted to see the project carried out.

Vigne said the project was not done in vain.

"They've been returned to Africa from a zoo, and they've thrived in that environment.



In this photo taken Dec. 1, keeper Mohamed Doyo pats female northern white rhino Najin in her pen, where she is being kept for observation at the Ol Pejeta Conservancy in Kenya. BEN CURTIS/THE ASSOCIATED PRESS

In that way it's been a success," he said. "The fact they

haven't bred is clearly a massive disappointment, but there

are new technologies being invented all the time to rescue

technically extinct species."

One of the two male rhinos transferred to Ol Pejeta died of an unknown cause earlier this year. Veterinarians that examined the remaining three last month determined that the male's sperm count is very low and that the two females either cannot get pregnant or cannot carry a pregnancy to term.

The in-vitro fertilization experiment could take place with a southern white surrogate mother. In addition, Vigne said scientists are working with old genetic material to see if they can resurrect the passenger pigeon or dodo bird. By contrast, he noted that the genetic material from northern whites is still alive.

The northern white rhino is a major mammalian species that is "probably or potentially" going to become extinct in the coming years, Vigne said, notwithstanding new reproductive technology.

"And to me that's a real indictment of the human race," he said. "We're all responsible for it, and to stand by and watch it happen ... I think would have been horribly wrong."

THE ASSOCIATED PRESS

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Video-game makers face industry crunch

Rush to market.

Ubisoft's recent Assassin's Creed Unity game highlights the industry's 'ship now, fix later' trend

The video-game industry is raking in record profits, but many developers are facing criticism as recent big-budget releases have been rushed to market with technical problems.

Ubisoft CEO Yannis Mallat issued a mea culpa earlier this month for the November release of Assassin's Creed Unity, acknowledging that the overall quality of the game "was diminished by bugs and unexpected technical issues."

The company — which has development offices in Toronto and Montreal that employ more than 2,000 people — intends to offer

Quoted

"People need to understand that things that are built well take time."

Brendan Frye, editor-in-chief of Canadian video game publication CG magazine

free downloadable content or a free game for those who bought the product before it was patched with a software update.

Toronto-based syndicated video-game critic Marc Saltzman notes a disturbing "ship now, fix later" trend, where developers take advantage of customers' Internet bandwidth to repair a game after its release.

With more than 40 per cent of games released in November and December, Saltzman says many companies set unrealistic deadlines ahead of the holidays.

When a game is delayed or isn't up to snuff, reaction can be swift.

"With social media it's so fast to disseminate information, and if there's some bad experiences these companies could be shooting themselves (in the foot)," says Saltzman.

The Witcher 3, another highly anticipated 2015 release from Polish video game developer CD Projekt RED, was delayed from this fall to May 19, 2015.

"These companies have so many people to answer to that when things are delayed they are the ones that suffer. Their investors get upset, their stock prices fall and the public themselves turn on them pretty quickly," says Brendan Frye, editor-in-chief of Canadian video game publication CG Magazine.

"These issues are going to persist unless consumers start demanding (developers) do make the change, take the time to finish it, and people have to understand that things that are built well take time."

THE CANADIAN PRESS



Community building blocks

Huxley Briggs uses a sander in his father's workshop at their home in Whitehorse, Yukon. Briggs was just tall enough to see over the counter, but that didn't throw the five-year-old off his pitch to sell 10 of his Yukon-wood building-block sets to a Yukon toy store for \$10. The rectangles and wedges came nicely packaged in plastic with a label in his own printing that read, "Huxley's Block Company." The sets sold out in one day. Many of the blocks were made by Huxley himself using power tools. The store is selling the blocks for \$20 each and is donating the profit to Big Brothers and Big Sisters of Yukon, the family's charity of choice. HANDOUT/THE CANADIAN PRESS

Canadian real estate

Gaining strength

The Bank of Canada says house prices may be overvalued by up to 30 per cent, but governor Stephen Poloz says the real-estate market is headed for a soft landing.

Even with the risk of overvalued homes, the central bank governor reiterated his forecast Wednesday that the market will unwind gradually along with the improving economy.

"We believe the economy is gathering strength, it's beginning to rebuild itself, it's going to create new jobs and income is going to go up," Poloz said.

The Bank of Canada estimated the country's housing market could be overvalued by 10 to 30 per cent as part of its semi-annual financial system review. THE CANADIAN PRESS

Market Minute

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Telus launches IoT online marketplace

Telus is launching an online marketplace for "Internet of Things"-based solutions to help companies take advantage of the emerging technology.

With large growth forecasts, the Internet of Things (IoT) features interconnected

devices and is expected to help usher in an age of automation across all industries. Adoption is happening, but slowly, and Telus is betting that an early move into the space will pay dividends later.

"IoT was something that became a strategic decision,"

said Shawn Sanderson, vice-president of IoT at Telus. He says the new marketplace will let customers quickly search by industry and solution type.

Sanderson says the focus on IoT came out of Telus's existing fleet-management solutions, which are in the

new marketplace, as are tech solutions across many sectors, including food service and retail.

The market is launching with 38 solutions, with hopes the number will grow to more than 100 by the end of next year.

"There is a huge upside from a financial perspective in growing the business," says Sanderson. "It's still relatively undefined and seems complex. Our goal is to demystify what IoT is about, and to curate the best solutions in the marketplace." TORSTAR NEWS SERVICE



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ARMING TRANSIT STAFF

Do you want transit workers armed in your city? With the Toronto Transit Commission expanding its proof-of-payment system, so, too, will it be expanding its force of fare inspectors equipped with batons. The TTC says the practice is meant to protect inspectors from belligerent riders, but critics say this sets a bad precedent

Yes

Staff need the right gear to protect them



Brad Ross

Fare inspectors began riding the 501 Queen and 510 Spadina streetcars in August, introducing themselves to customers and explaining the proof-of-payment (POP) concept that requires anyone riding those two lines to show a Metropass or paper transfer if asked by an inspector.

All streetcar routes become POP as the new streetcars are introduced, but the TTC is looking to accelerate that, starting with the 504 King streetcar on Jan. 1.

While fare inspectors are educating and informing customers about POP, they will also be issuing tickets when warranted.

The fine for failing to pay a fare is \$235. And while fare inspectors are professional, highly trained and accountable in all they do, there may be instances where our inspectors will be required to defend themselves from someone who objects to being asked for proof-of-payment or is being issued a ticket.

In all such cases, police are called.

As an employer, the TTC has an obligation to ensure its employees have personal protective equipment for the job they're being asked to do.

The TTC understands the concerns around use of force, which is why, in addition to training at a police standard, oversight and accountability are firmly in place should those tools be used improperly.

Brad Ross is a spokesman for the TTC.



No

Batons won't solve transit problems



Dr. Daniel Bear

The TTC's practice of equipping fare inspectors with batons and handcuffs is troubling. While the spectre of harassment and assault on public transit is a valid concern, providing these tools to inspectors implies they regularly encounter violence and criminality in their work — not a reassuring message to TTC riders.

In a recent news event, neither the TTC nor the Toronto Police Service were able to furnish statistics on the number of criminal incidents that occur on the TTC.

With the decision to introduce what are effectively new powers and weapons into the mix, it would seem best if there was clear evidence of a need.

I would suggest the TTC reconsider the efficacy of armament, as such tools are entirely reactive in nature.

Perhaps more proactive work with passengers to encourage fare compliance, enhanced patrol of TTC vehicles by actual police officers, and a payment confirmation system more advanced than strips of newspaper would be a better route than arming fare inspectors.

Transit users need to feel safe, but they also want to get where they are going. Frankly, that seems to be a much bigger issue in Toronto. Handcuffs and batons won't solve the TTC's problems, and instead set a bad precedent at a time when the rest of Ontario's law enforcement community is becoming more proactive.

Dr. Daniel Bear is a professor in the Community and Justice Studies program at Sheridan College.

Here's a look at how transit authorities arm — or don't arm — their staff around the country and the world

Halifax	Ottawa	Toronto	Winnipeg	Calgary and Edmonton	Vancouver	New York City	London, U.K.
Does not have transit police. Transit drivers aren't armed and don't have the authority to make arrests.	OC Transpo Special Constables are designated peace officers and are trained by police to use batons and pepper spray.	Similar to police, Toronto's Transit Enforcement Officers can make arrests. Fare inspectors can intervene only if they've seen an offence personally.	Has six transit inspectors appointed as Special Constables. They do not carry weapons and are not able to make arrests.	Transit officials in both cities are armed with batons, pepper spray and handcuffs.	Vancouver's Transit Police carry guns and have the same authority as other police officers.	The NYPD polices the city's transit system. Officers are armed and have the authority to make arrests.	Most British Transport police are unarmed. Its special firearms unit, however, does carry guns.

The year's need-to-know books

Here at Metro, it's our solemn duty to spend the year reading all the latest books. Now it's time to present our annual cheat-sheet: We're offering up just enough information to help you sound like you've been reading all year too. These five books came out in 2014, but they'll still be dominating cocktail parties and casual conversation well into 2015. So if you're struggling to make small talk at that significant other's holiday work party, here are some suggestions.

EMILY LAURENCE
Metro in New York City



The Invention of Wings

By: Sue Monk Kidd

Two words: Oprah-endorsed. The Secret Life Of Bees author Sue Monk Kidd has another bestseller on her hands with her novel about a reluctant slave owner who forms an unlikely friendship with her slave during the 1800s.

Line to drop at a party: "What's interesting is that the principle character is based on a real champion of the African-American and women's rights movement, yet she's virtually unheard of. It makes me wonder what other women crusaders never made the history books."



Yes Please

By: Amy Poehler

Everyone is still talking about the Parks and Rec star's memoir, in which she chronicles the path from her early days of comedy to her Saturday Night Live career. She also gets real about her divorce from Will Arnett, past drug use, motherhood and how she feels about entering her 40s.

Line to drop at a party: "Amy is a classy broad. She talks about how heartbroken she was after her divorce without bashing her ex. That takes some epic restraint."

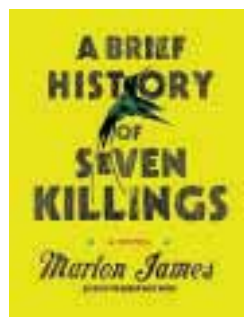


Not That Kind of Girl

By: Lena Dunham

Girls creator and star Lena Dunham dominated blogs with her book of personal essays. There are plenty of gems of wisdom such as, "Being treated like s--- is not an amusing game or a transgressive intellectual experiment. It's something you accept, condone and learn to believe you deserve."

Line to drop at a party: "I wish she talked about her friendships with the Girls cast more, and she only mentions Jack Antoff twice. What gives? Maybe it's harder for her to write about things that make her most happy than the things that give her extreme anxiety."

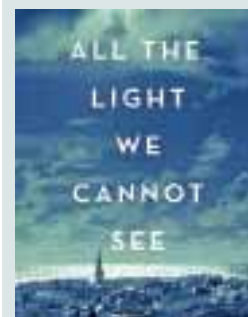


A Brief History of Seven Killings

By: Marlon James

Using an attempted murder on Bob Marley as a focal point, Marlon James tells the fictional histories of seven gunmen to expose the dangerous Jamaican climate during the '70s, '80s and '90s. Also, the 700-page tome is definitely not brief and it includes many more than seven killings. Just saying.

Line to drop at a party: "James narrates through dozens of different voices, yet it never feels disorganized or disjointed. That's what makes it genius."



All The Light We Cannot See

By: Anthony Doerr

This novel has dual narratives, both set in the Second World War: One is about a blind 16-year-old girl living in France and hoping to escape the bombings, while the other follows a guy named Werner who works for Hitler's side of the war, tasked with tracking down illegal radio transmissions. Their lives inevitably intercept in an anticipated, yet highly enjoyable climax.

Line to drop at a party: "The line 'Open your eyes and see what you can see with them before you close them forever,' changed my entire outlook on life."

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A rebel on the screen and off, Kirk Douglas counts crediting blacklisted screenwriter Dalton Trumbo on Spartacus as his most rebellious move. "I was much younger then, and I was much more stubborn," he says. CONTRIBUTED

Kirk Douglas reflects on his life of poetic passion

Life Could Be Verse.

Legendary actor, 98, shares poems, essays and photos about his family, career and wife of more than 60 years

Kirk Douglas is done with writing. The rakish screen legend with the famously dimpled chin made that abundantly clear on a recent afternoon at his Beverly Hills home, a few days before the release of his poetry collection *Life Could Be Verse: Reflections on Love, Loss, and What Really Matters*.

"To me, this is my best book, and my last book," said Douglas, seated next to Anne, his wife of more than 60 years.

The *Spartacus* star, who just turned 98, has 87 films to his name, 11 books, and is one of the last of old Hollywood.

In some ways, *Life Could*



Anne and Kirk Douglas
THE ASSOCIATED PRESS

Be Verse is his most personal work, featuring poems from throughout his life, along with essays and family photos that help paint a picture of him as a man, a father and husband.

In an industry not known for domestic stability, Kirk and Anne may be one of the greatest Hollywood romances. Seated on a cozy couch in a home that is elegant, modest and lived-in, the couple recalled their first meeting in Paris. He

was working on the film *Act of Love*. She was the publicist.

"I thought she was so beautiful, and I lowered my voice and said, 'Would you like to have dinner?' I waited for an answer and she said, 'No, I think I will go home, make some eggs and go to bed.'"

Anne had her own views about transient movie stars. "I said to myself, I'm not going to do that," she said.

Then she attended a charity event where actors played the parts of circus performers. Douglas, sporting a tuxedo, decided his talent would be cleaning up after the elephants. "I held on until he picked up the elephant doo," she laughed. "That did it for me."

A cute beginning is hardly noteworthy. Longevity is.

"Romance begins at 80, and I ought to know," he said. "I'm a romantic guy ... We're sitting here. We have been married for 60 years. A few poems help." THE ASSOCIATED PRESS

Internet star Zoella had 'help' with book

Novel. Publisher admits YouTube sensation did not pen her record-setting debut

Young British YouTube star Zoella, whose debut novel sold a record number of copies in Britain in its first week, has admitted she had "help" writing the book.

Girl Online became the fastest-selling work by a first-time author in Britain since records began in 1998, selling more than 78,000 copies in seven days last month.

Zoe Sugg, 24, became a YouTube sensation under the pseudonym Zoella when she started a "vlog," or video blog, in 2009, filled with fashion, beauty and lifestyle tips for young women and girls. She built up more than six million subscribers and went on to sign a two-book deal with Penguin Random House earlier this year.

But specu-

Zoe Sugg
a.k.a. Zoella
INSTAGRAM PHOTO



lation had been mounting, however, that the first book, which tells the story of a teenage blogger and her relationship with a U.S. musician, was ghostwritten.

Responding to the claims on Twitter, Zoella wrote: "Everyone needs help when they try something new. The story and the characters of *Girl Online* are mine. I want

to

thank all of you who have taken the time to support the book."

A spokesman for Penguin Random House confirmed Monday that Sugg did not write *Girl Online* on her own.

"For her first novel, *Girl Online*, Zoe has worked with an expert editorial team to help her bring to life her characters and experiences in a heartwarming and compelling story," he said.

Girl Online was an instant hit, outselling the debut offerings of Harry Potter creator J. K. Rowling and Dan Brown, author of *The Da Vinci Code*, as well as E.L. James' bestseller *Fifty Shades of Grey*.

Its success even led Bob Geldof to invite Sugg to sing alongside superstars on the Band Aid 30 single released to raise money to combat Ebola.

However, rumours started building that *Girl Online* was not Sugg's work, with *The Sunday Times* highlighting similarities with the world of author Siobhan Curham.

In the book's acknowledgements, Sugg thanks "everyone at Penguin for helping me put together my first novel, especially Amy Alward and Siobhan Curham who were with me every step of the way."

Penguin said it was proud to be able to help Zoe tell her story. "As publishers our role is, and always has been, to find the very best talent and help them tell their story and connect them with readers." AFP

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Maisy, Pete and CC: Fun holiday tales for kids

Young readers. From cats and mice to a Santa for animals and the newest angel, these gift books will entertain children of all ages this Christmas

Looking to keep the kids entertained during long holiday car rides? Tell gift-buying elves to wrap up a book. Among this year's Christmas selections:

Board books

- **Maisy's Christmas Tree**, by Lucy Cousins: Maisy the mouse and pals Cyril and Tullulah prepare for the holiday, from trimming the tree to singing carols. One side of the book is cut out in the shape of a tree, something little ones might appreciate. Candlewick Press, ages two to five.

- **Dinosaur vs. Santa**, by Bob Shea: A smiley little dino wears a bright orange snowsuit, makes gifts for his parents and sneaks downstairs on Christmas Eve only to scurry back to bed due to someone in red ho, ho, hoing. Disney-Hyperion, ages three to five.

Cat lovers

- **Pete the Cat Saves Christmas**, created and illustrated by James Dean, story by Eric Litwin: In this retelling of *The Night Before Christmas*, the can-do kitty is called upon to deliver gifts when Santa falls ill. The feline's "minibus flew, just like in a movie" and Pete the Cat cried, "This is totally groovy!" Harper, ages four to eight.

- **Here Comes Santa Cat**, by Deborah Underwood, pictures by Claudia Rueda: There are jet-pack mishaps and dead-fish gifts for children, as a wily but mute cat holding placards on sticks to communicate impersonates Santa Claus to ensure he gets a gift after a particularly naughty year. Dial Books for Young Readers, ages three to five.

Snowy books

- **Blizzard**, by John Rocco: based on Rocco's childhood experience during the blizzard of 1978, when 40 inches of snow fell on his Rhode Island town — from the first flake right before recess to delivering groceries via sled on day six and the arrival of snowplows. Disney-Hyperion, ages three to five.

- **The Animals' Santa**, by Jan Brett: Meticulously drawn forest creatures await the ar-

rival of this special Santa. The animals recall gifts of Christmases past. There was a puzzle for the crows hanging from their tree branch and a brush to fluff his tail for the Arctic fox. A magnificent finish from the beloved Brett with a snowy owl in a starry Santa's cap and a basket full of booty strapped to his breast. G.P. Putnam's Sons, ages three to five.

Christmas spirit

- **CC Claus: A Baseball Christmas Story**, written with Ray Negron, pictures by Laura Seeley: Yankees pitcher CC Sabathia enlists the help of George Steinbrenner and baseball stars of yore to help two boys in need of balls and gloves after their letter to Santa lands in Sabathia's fan mail. Ecco, ages five and up.

Box set

- **Puffin Hardcover Classic Box Set**: This gift set of hardcovers with colourful, textured bindings offers a wide range of books for young readers, including *A Little Princess*, *Anne of Green Gables*, *The Adventures of Huckleberry Finn*, *The Secret Garden*, *The Wind in the Willows* and *Peter Pan*. Puffin Classics, ages eight and up. **THE ASSOCIATED PRESS**

Old meets new

Star Bright: A Christmas Story, by Alison McGhee and Peter H. Reynolds. The newest angel tries to come up with a gift for baby Jesus. She hurtles down to Earth and becomes the star that lights up the night sky. The book contrasts a futuristic heaven with old-world illustrations. Atheneum, ages four to eight.



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METRO'S TAKE ON
THE WORLD OF
CELEBRITIES

Angelina Jolie ALL PHOTOS: GETTY IMAGES

That Sony hack is the gift that keeps on giving

Now that all the personal Social Security Number and salary dust has settled from the massive Sony hack, we're starting to get down to some good dirt. And let's just put it this way: Super-producer Scott Rudin likely won't be working with Angelina Jolie again. In blistering emails

back and forth with Sony chief Amy Pascal while trying to get their botched Steve Jobs biopic moving, Rudin continually bashed Jolie and her desire for a big-budget Cleopatra movie directed by David Fincher. How does Rudin really feel about Jolie? In his own words: "I'm not destroying

my career over a minimally talented spoiled brat," Rudin writes. "She's a camp event and a celebrity and that's all, and the last thing anybody needs is to make a giant bomb with her that any fool could see coming. We will end up being the laughing stock of our industry and we will deserve it."

Scarlett Johansson weighs in on pregnancy

In keeping with the grand tradition of famous people procreating, new mom Scarlett Johansson has weighed in on the topic of losing weight post-pregnancy, thanks to the probing questions of Barbara Walters. And Johansson is firmly on Team Breastfeeding. "It's the best way to get back in shape," she tells Walters during a 10 Most Fascinating People of 2014 special interview. "(I do) the whole bit. I'm nursing and I love it." So there you go.

Lily Allen tweets anti-Twitter tirade

Lily Allen is livid over gossip reports that she is "trying to grow up" and giving up alcohol. Seriously, how dare they suggest such a thing? Instead, Allen took to Twitter to suggest that we all give up ... Twitter? "Let's give up social media and the Mail Online. It's killing me. That is all," Allen tweeted, though it clearly was not actually all: "I feel like we're not evolved enough to handle the Internet, psychologically. I preferred real records and newspapers with news in them. Everything was just better and nicer. We were nicer. And I wouldn't be here." Here meaning Twitter, which she thinks we should all give up. Got it.

Avril facing health issues, asks fans to pray for her

Apparently singer and former Nickelback fan Avril Lavigne's current mysterious health issues are so serious that she's letting the hashtag #Pray-ForAvril be a thing — and even tweeting it herself. In a Twitter direct message exchange with a fan account, Lavigne revealed, "I feel bad because I haven't been able to say anything to the fans to let them (know) why I've been absent" and, "I'm not feeling well. I'm having some health issues. So please keep me in your prayers." Following the release of the exchange, a rep for Lavigne confirmed the health issues to Billboard while clarifying that the singer is not pregnant, despite speculation.



Avril Lavigne



Kim Kardashian

And God said, Let Kim Kardashian get fat

Kim Kardashian has an interesting take on pregnancy weight — and how much time God spends thinking about her. In an interview with Elle's

U.K. edition, Mrs. Kanye West says of putting on weight while pregnant: "I'd think God was doing this for a reason. He was saying: 'Kim, you think you're so hot, but look what I can do to you.' My body just went crazy. After five months I swore I'd never get pregnant again. I got so huge and it felt like someone had taken over my body."



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Meet Imaan Hammam, the newest Victoria's Secret model

Style. The Dutch model shares the 'cheesy' secret to her homeland's catwalk success at this season's lingerie show

"Yeah, there's a lot of energy and fun here — and I love London," beamed Imaan Hammam amongst the hubbub of the Victoria's Secret hair and makeup area.

The 18-year-old was one of five Dutch girls, including the brand's contracted supermodel Doutzen Kroes, to strut alongside the other 26 models on arguably the most beautiful runway on the planet.

While being Dutch apparently helps, the stunner, who is of Moroccan-Egyptian descent, talks about her VS debut in Earls Court, London and what it takes for an 'Angel' to earn her wings.

There are quite a few Dutch girls walking in the show this year. What's your explanation for the takeover?

Yeah, five girls! I don't know ... we just have good food in the Netherlands. Yeah, it's the food and the cheese.

Any cheese in particular?
Young Belegen.

Is there much camaraderie between all the Dutch natives?

Yeah, we're doing a group picture later today with Doutzen and everyone.



Imaan Hammam struts her stuff during the Victoria's Secret fashion show at Earls Court on December 2, 2014 in London, England. The full show aired on CBS Tuesday night. GETTY IMAGES

Angelic ambitions

"You have to be powerful but also be yourself — that's what VS is about."

Imaan Hammam
Victoria's Secret model

Has it always been your dream to walk for Victoria's Secret?

Actually when I was young, I used to watch this show every year and then two weeks ago I had the casting!

Were you nervous?

I was dead nervous. I couldn't even believe it. And then two days after, my agency called me and they were like, "You're doing the show" and I was like, "Really? No way!"

It's your first time doing Victoria's Secret, so how did it compare to other shows?

Yeah, it's the first time. You have to train a lot.

Do you now have abs of steel?

(Flexes her muscles) Yep, you have to be powerful, but also be yourself — that's what VS is about.

Did you have to change your diet?

A lot of vegetables, smoothies and plenty of water!

Are you going to let your hair down post-show?

I'm going to the after-party, then straight to my hotel room and ordering room service — hamburgers, pizza ... everything. Now I need that stuff.

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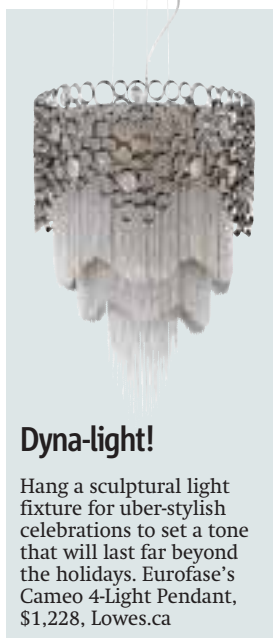
A promotional advertisement for Urban Planet. It features a man on the left wearing a blue and green plaid shirt, and a woman on the right with blonde hair wearing a grey sweater and a black jacket. The background is a solid pink color.

Fast, fabulous fixes for Festivus

There are only two weeks left to spruce up your place before the big day. Here are five changes you can make that will create the biggest impact — just in the nick of time



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

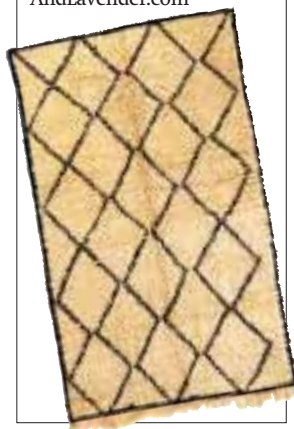


Dyna-light!

Hang a sculptural light fixture for uber-stylish celebrations to set a tone that will last far beyond the holidays. Eurofase's Cameo 4-Light Pendant, \$1,228, Lowes.ca

Diamond in the rug

An authentic Moroccan woven rug will cozy up your seating area with its retro-warmth underfoot. Hebe Beni Ourain Berber, (5x9 feet), \$1,900, Indigo-AndLavender.com



Check it out

Your bed is the largest piece of furniture to make an impact with. Buffalo Check Flannel Cover Set, from \$95, Simons.ca

ALL PHOTOS: CONTRIBUTED

Curtain call

Update the smallest room in your house in the biggest way. Winter Wonderland Shower Curtain & Hook Set, \$40, BedBathAndBeyond.ca



Blanket statement

A trend-setting faux fur throw looks great at the end of the bed or slung over the arm of a sofa. Grizzly Faux Fur Throw, \$120, UrbanBarn.com

Through Dec. 14, with every \$5 donation by Urban Barn customers, a new fleece blanket will be donated to a local homeless shelter within the community as part of the Blanket The Country In Warmth campaign.

Craft one-of-a-kind gift wraps



Steven and Chris' three gift wrapping DIYs will make your loved ones gush. The style gurus absolutely love craft paper!

For one, it's thick and durable, which means it doesn't tear on the corners of presents like thin traditional papers do (don't you hate when that happens?). Secondly, it's a neutral colour, so you have the option of dressing it up or down. And lastly, craft paper usually comes in a large roll, which is perfect for wrapping extra large gifts. Steven and Chris' holiday specials air Dec. 15-19 at 2 p.m. EST on CBC Television.

TEXT BY MICHAEL PIHACH. PHOTOS BY ALEXIS GLINERT.

Framed picture

In lieu of traditional gift tags, here's how you can literally put your best face forward and create a window on your gift that features a photograph of yourself. Your kids will love it.

- 1) Measure out craft paper to your gift box.
- 2) Cover your gift, turn it over and draw a square in the corner. Cut out a window using a utility knife so that it creates a flap.
- 3) Print a photograph and tape it to the window so that it faces outwards.
- 4) Wrap your present and voila! No more need for gift tags.



Clay ornament

Dress up your craft paper by making a candy cane ornament out of clay.

- 1) Go to a craft or hobby store and buy red and white modelling clay (the kind that hardens up).
- 2) Make two rolls (one red, one white) and lay them side by side. Roll them together so they stick together. Slightly twist the rolls to create the illusion of a candy cane.
- 3) Bend the clay into whatever letters or words you like. Place your creation in the freezer for 20 minutes, then bake it in the oven for 15 minutes at 275 degrees so it completely hardens (or follow the directions as listed on the box of clay).
- 4) Fasten your ornament to a present wrapped with craft paper using ribbon. Your creation will glow on top of the craft paper's neutral backdrop. Just don't eat the candy cane!



Vintage cards

Here's one for all the upcyclers out there! Gather those Christmas cards you've saved over the years and use them to glam up your gifts.

- 1) Cut two slits into the back of an old card and feed a ribbon through it.
- 2) Wrap the ribbon around a neutral craft paper-wrapped present. Tape it down, cut off the excess, and you're done! The naturalness of the craft paper combined with your vintage Christmas cards will give your presents a festive and unique look.

A better insulation

Quik-Therm Insulation Solutions' design prevents heat loss from metal, wood studs

The innovative features of a made-in-Manitoba insulation system are aimed at making homes and buildings warmer, healthier and more energy efficient.

The Quik-Therm Interior Basement and Concrete Insulation System (CIS) was invented in Manitoba by Quik-Therm Insulation Solutions Inc. Unlike conventional insulation, the patented Quik-Therm CIS acts as an all-in-one air, vapour, radon, and radiant barrier for basement walls and is eligible for Manitoba Hydro Power Smart financing and grant programs.

Discussing why the CIS system makes basements warmer and drier, Ted Cullen from Quik-Therm explained that one of the main ways heat is lost in home and buildings is by heat transfer through wood or metal studs by a process known as thermal bridging. Because wood and steel studs are denser than the insulation that surrounds them, they act as a pathway for heat to leave your home," Cullen says. He added he has seen many pictures taken with thermal imaging cameras that show significant thermal bridging in basements insulated with batt insulation.

Rather than wood or steel studs, poly and batt insulation, Quik-Therm is a DIYer-friendly basement insulation system. It utilizes foam studs that interlock through tongue and groove joints with polystyrene panels. While the foam studs prevent thermal bridging, they also contain plastic or metal inserts that provide the strength to hang drywall.

Canada's newest National Energy Code for Buildings requires walls of new commercial buildings to have an effective insulation value of R-27. Effective R-value looks at how well a wall unit, with its sheathing, studs, insulation, drywall, etc., insulates as a whole.

"This move to understanding and using effective R-value is really important to improving the comfort and energy efficiency of our homes and buildings," said Cullen. As an example, he pointed to research that shows how 16-inch on-centre wood frame walls insulated with R-19 fibreglass have an effective R-value of 15.8 or less, while similar steel stud walls have an effective R-value of R-7 or less.

To prove the efficiency of the CIS basement insulation system, Quik-Therm had it tested



SHUTTERSTOCK

by a certified laboratory, Architectural Testing Inc. They reported that three-inch CIS attached to a concrete wall and covered with half-inch drywall had an effective R-value of R-25.5.

To further improve the CIS system's insulating qualities, Quik-Therm added a reflective facing to the polystyrene panels. The plastic film works as a vapour barrier and is similar to the film used in food packaging. It looks like aluminum foil, but it doesn't crack when bent. Cullen said the facing acts like one of those space blankets you see in roadside emergency kits, by reflecting heat back into your basement. When you install Quik-Therm CIS the comfort of basements increases by between three and five degrees, he said."

Quik-Therm basement insulation also

prevents another problem common with batt and stud basement insulation, which is condensation on interior concrete walls. Thermal bridging and small holes in standard 6-mm poly vapour barrier allow warm air to travel through insulated basement walls and reach the colder concrete walls behind them. This is a problem because the warm air contains moisture that condenses, forming water droplets as the air cools. These water droplets are absorbed by the porous batt insulation which generally stays wet.

Quik-Therm Insulation Solutions is so confident in the performance of CIS that it provides a lifetime transferable warranty. Learn more about Quik-Therm CIS at quik-therm.com. Or call toll free 1-888-735-3012.




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Is YOUR basement eligible for Manitoba Hydro Power Smart rebates and loan programs? If so, by installing the Quik-Therm Basement Insulation System your energy saving dollars may be greater than the cost of financing Quik-Therm on your Hydro account. To find out if your basement qualifies call Ryan at **204-791-6859** or e-mail **ryanc@quiktherm.com**

Quik-Therm is committed to creating superior insulation solutions that protect people and the environment. We believe there is always a better way and do not necessarily follow mainstream ideology. Our focus; design and develop sustainable, energy saving technologies that increase the comfort and value of homes and buildings.



🍁 **Developed and manufactured in Canada for Canadian homes and buildings.**





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As if French toast could get any better...

Waffled Chocolate-Stuffed French Toast with Whipped Butter.

An embedded layer of chocolate elevates this breakfast treat

"Waffled French toast was a big hit when I first made it. At its simplest, the same ingredients you'd use to prepare normal French toast are prepared in the waffle iron. And that's great," writes Daniel Shumski in *Will It Waffle? Yes, It Will!*

"But as an inveterate tinkerer, I had to ask myself: How could it be even better?"

"Adding chocolate is a good bet ... but there's (a) potential snag: Waffling can be a squishy business. You pile the ingredients into the waffle iron, close the lid, and watch as the lid presses down, down, down.

"As the food cooks, the lid sinks. Your creation comes out waffled, yes — but the chocolate layer also comes out thin. The solution (as with so many things): Add more chocolate.

"A few chocolate chips

Ingredients

French Toast

- 2 large eggs
- 1/2 cup milk
- 1/4 tsp pure vanilla extract
- Pinch of salt
- 4 slices bread, such as challah or brioche, cut thick
- Nonstick cooking spray
- 1/2 cup chocolate chips (semi sweet, bittersweet, or milk chocolate)
- 1 tbsp Whipped Butter (recipe follows)
- Powdered sugar, to taste

Whipped Butter

- 8 tbsp (1 stick) salted butter

**TOTAL
TIME**
20 MINUTES



This recipe serves two. MAES STUDIO, INC.

stuffed into the pocket of the finished product melt in no time from the residual heat. The French toast comes out gorgeously gooey, rich, and delicious."

1. Preheat the waffle iron on high. Preheat the oven on its lowest setting.

2. In a pie pan or deep dish, whisk together the eggs, milk, vanilla, and salt.

3. Place 2 slices of bread in the egg mixture and soak them until they've absorbed some of the liquid, 30 seconds. Flip the slices and soak them for another 30 seconds.

4. Coat both sides of the waffle iron grid with non-stick spray. Place a slice of soaked bread on the waffle iron and pile a little less than half of the chocolate

chips on the slice. Top with the second slice of soaked bread, close the waffle iron, and cook until the bread is golden brown and the chocolate is melted, 3 to 4 minutes. There should be no trace of uncooked egg mixture.

5. Remove the French toast from the waffle iron and repeat Steps 3 and 4 to make the second batch. Place the finished French toast in the

oven to keep it warm.

6. Slice the French toast into quarters. Pop open the "pocket" in each quarter and stuff the remaining chocolate chips into the opening. The residual heat will melt the chocolate.

7. Top each portion with the Whipped Butter and dust with the powdered sugar before serving.

Cookbook of the Week

Waffle your faves



Daniel Shumski has done all the messy work of figuring out what foods will waffle and presents his findings (53 perfected recipes) in *Will It Waffle? Yes, It Will!*

Waffling foods other than waffles is not just a novelty but leads to great culinary innovations. For example, waffled bacon reaches perfect crispness and cooks super fast in the two-sided heat source.

Recipes in the book include Waffled Cuban Sandwich, Crisscrossed Crab Cakes, Crispy Sesame Waffled Kale, and Waffled Macaroni and Cheese. **METRO**

Whipped Butter

Whipped butter adds a restaurant-quality touch to the dish. It's best to use salted butter.

1. To make whipped butter, set out the butter at room temperature for 1 hour to allow it to soften. Once it has softened, put it in a mixing bowl and beat with an electric mixer on medium speed until the butter is fluffy and slightly lighter in color, 1 minute. **RECIPES EXCERPTED FROM WILL IT WAFFLE? YES, IT WILL BY DANIEL SHUMSKI (WORKMAN PUBLISHING). COPYRIGHT © 2014.**

For your phone

FarmVille To Table Recipe Book (iPad, iPhone, Android; free)



MIND THE APP

Kris Abel
@RealKrisAbel
life@metronews.ca

Kate Hudson stars in this novelty recipe book inspired by FarmVille's virtual food items. It's a country-kitsch oddity where instructions for strawberry milkshakes and blackened catfish are rather sparse.

Topping. Waffletons (Waffled Croutons)

1. If you're using bread, preheat the waffle iron on medium. If you're using waffles, preheat the oven to 450 F.

2. Crush the garlic cloves with the flat side of a knife blade. Place the garlic and the cubed bread or waffles in a medium-size bowl with the oil, cheese, salt, and pepper. Stir to combine. Allow everything to soak for 5 minutes, toss, and then allow to soak another 5 minutes.

3. If you're using bread: Place the soaked bread cubes

in the preheated waffle iron, close the lid, and cook for 5 minutes before checking on them. The waffled croutons are done when they are mostly golden brown, though the waffle indentations may be darker brown.

If you're using waffles: Arrange the soaked waffle cubes on a baking sheet or in a cast-iron skillet and place in the preheated oven. Cook for 10 minutes, turning the cubes over with a spatula about halfway through and keeping an eye on them during the final 3 minutes to avoid burning. They should

be a deep golden brown when finished, perhaps with a few blackened tips.

4. Serve the croutons with your favourite salad or sprinkle them on top of tomato soup.

Ingredients

- 2 cloves garlic
- 3 slices thick bread, or 2 Belgian-style waffles, cut into cubes
- 1/2 cup extra-virgin olive oil
- 1 tbsp grated Parmesan cheese
- Pinch of salt
- 1/4 tsp freshly ground pepper



This recipe makes eight cups of Waffletons. MAES STUDIO, INC.

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Car crash aftermath

Fractures in lower back force Newton out of lineup

Cam Newton will not play Sunday against the Tampa Bay Buccaneers while recovering from an automobile crash that left him with two fractures in his lower back.

Carolina Panthers coach Ron Rivera confirmed Wednesday that Derek Anderson will start and Joe Webb will be his backup.

"I won't expose him," Rivera said. "I don't want to put him in a bad position."

Newton was discharged from the hospital earlier Wednesday, a day after he was injured when his truck crashed and overturned in a two-car accident. Charlotte-Mecklenburg police issued no citations for the accident. **THE ASSOCIATED PRESS**

QB controversy

Redskins coach doesn't reveal starting pivot

Washington Redskins coach Jay Gruden Wednesday didn't name who his starting quarterback will be, in part to try to keep the firestorm over his choice from erupting as was the case earlier this season.

Colt McCoy sprained his neck when sacked by St. Louis defensive end Robert Quinn in the fourth quarter of last Sunday's 24-0 loss to the Rams, his second start since replacing the struggling Robert Griffin III.

McCoy expects to start again on Sunday when the reeling Redskins (3-10) visit the New York Giants (4-9).

THE ASSOCIATED PRESS



Winnipeg Jets right wing Michael Frolik closes in on Dallas Stars goalie Jussi Rynnäs on his way to scoring the Jets' fifth goal in their 5-2 win in Dallas on Tuesday. **LM OTERO/THE ASSOCIATED PRESS**

Sorry, Dallas, you're not even on our radar



THE HOCKEY NEWS

Ronnie Shuker
vancouver@metronews.ca

In case you missed it Tuesday night, the Dallas Stars' game operations crew did some serious trolling on its scoreboard, posting a "Top 10 list" of reasons to visit Winnipeg:

1. Watch a Stars road game
2. See the Royal Winnipeg Ballet
3. Visit the Western Canada Aviation Museum
4. Time to do a Google search ...

5. Still searching ...
6. This is tougher then (sic) we thought
7. Ever been to a Tim Hortons (sic)?
8. ...
9. Any suggestions?
10. Go visit Vancouver instead

It might have been funny if they knew the difference between "then" and "than," and how Tim Hortons is spelled.

In fact, Dallas is the least of Winnipeg's concerns, given the Stars are 10 points behind the Jets in the Central Division.

There's no need for Jets fans to think of Arizona, Edmonton,

Colorado and Dallas, which are all but out of the picture. The Sharks, Kings and Wild are the ones to worry about.

Only a fool would discount the defending Stanley Cup champions, who have a history of coasting for most of the regular season before turning it on late. The Sharks, meanwhile, haven't missed the playoffs in 12 years and only once since 1997. Then there's the Wild, who are No. 1 in Fenwick and No. 2 in Corsi — two good predictors of playoff-bound teams.

As it stands, there are two scenarios under which the Jets make the post-season: a) Beat

out two of those three titans, or b) Beat out one and hope a team like Calgary or Vancouver falls back into the pack.

Both are risky propositions.

In any case, they don't have to worry about the Stars, who likely can't spell playoffs.

Analytics stats

- **Corsi (shot attempts).** WPG 52.5% T-5th
- **Fenwick (unblocked shot attempts).** WPG 52.0% 9th

Bouchard signs with sports management giant



Canadian tennis star Eugenie Bouchard hopes to "maximize the value of my brand" with sports management company WME-IMG. **JULIAN FINNEY/GETTY IMAGES**

Canadian tennis star Eugenie Bouchard has signed with WME-IMG, saying the sports management powerhouse will help "maximize the value of my brand."

The 20-year-old from Westmount, Que., jumped from 32nd to fifth in the WTA world rankings this year to become Canada's highest-ranked singles player ever.

She also made the Wimbledon final as well as the semi-finals in the Australian Open and French Open.

"I have a great team around me and can't wait to get start-

Among the best in the world

7

Bouchard is currently ranked 7th in the world after reaching as high as fifth this year.

ed," said Bouchard, who recently parted ways with coach Nick Saviano.

Bouchard has also been signed by IMG Models with the goal of expanding her presence in the fashion industry.

"Genie's unique combination of talent, mental forti-

tude, and charisma make her the type of athlete who transcends sport and the unparalleled opportunities and partnerships across WME-IMG in areas including tennis, marketing and modelling will help ensure she reaches a new level of global success," said WME-IMG CEO Patrick Whitesell. "We look forward to working with her to achieve her goals both on and off the court."

Bouchard's management team will include agents from WME and IMG led by Jill Smoller with Brad Slater.

THE CANADIAN PRESS

Keeping a close eye on McDavid

Team Canada. Junior phenom has cast removed; status a question mark ahead of selection camp

The status of Erie Otters forward Connor McDavid remained a question mark on the eve of the Canadian team selection camp for the upcoming world junior championship.

McDavid, who hasn't played since breaking a bone in his right hand on Nov. 12, had his cast removed this week and is cleared for non-contact practice. But Canadian head coach Benoit Groulx said it's still too early to know what to expect from the star player.

"We're going to talk with Connor tomorrow and obviously it's great news for us to have him on the ice to skate," Groulx said Wednesday in a phone interview. "We're going to discuss with him how he feels and he's going to be monitored by the doctor."

"Obviously it's going to be a day-to-day evaluation.

"We'll start from there and see how it goes."

Groulx plans to meet with team brass and doctors on Wednesday night and Thursday to discuss McDavid's potential timeline.

McDavid, who has 51 points in 18 games this sea-

son, is an early favourite to be selected first overall in the 2015 NHL Entry Draft. He will likely be eased back but is expected to be ready for Canada's opener Dec. 26 against Slovakia.

Groulx is expected to ice a lineup that features several 19-year-old players with an emphasis on speed and skill. Halifax Mooseheads goaltender Zach Fucale is returning after playing for Canada at last year's tournament in Malmo, Sweden.

The original camp invite list included 29 players (10 defencemen, 17 forwards, two goalies). A total of 22 players will make the cut. A third netminder could be added during the tournament if needed.

THE CANADIAN PRESS

Eligible NHL players

The Canadian side got a boost this week when the New York Rangers confirmed that 19-year-old forward Anthony Duclair would be loaned to the team.

- NHL clubs have until the Dec. 19 roster freeze to decide whether they will loan players to the team. There is a chance Jonathan Drouin of the Tampa Bay Lightning, Curtis Lazar of the Ottawa Senators and Bo Horvat of the Vancouver Canucks could still be added.

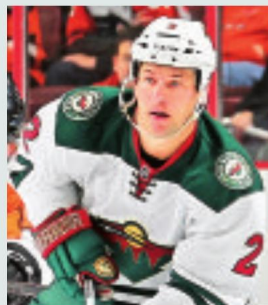


Connor McDavid, who broke his right hand last month, had his cast removed this week and is cleared for non-contact practice. AARON BELL/OHL IMAGES

NHL

Wild's Ballard out indefinitely

Minnesota Wild defence-man Keith Ballard has been released from the hospital, diagnosed with multiple facial fractures and a concussion after a collision with the boards. Ballard was hurt Tuesday when Matt Martin of the New York Islanders drove him into the dasher board. **THE ASSOCIATED PRESS**



Wild defenceman Keith Ballard
ELSA/GETTY IMAGES

Eli Manning

Giants QB hurt but on track to play

Eli Manning is on the New York Giants' injury report for the first time in more than two years and seems to be embarrassed by it.

Manning, who has a back injury but practised as usual on Wednesday, has started 164 straight games — NFL's longest active streak. **THE ASSOCIATED PRESS**



"I'm not going to sprout five inches over the course of I need to sit it with other my game."

Browns QB Johnny Manziel, who is six feet tall, responding to Bengals coach Marvin Lewis calling him a "midget."



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Nasri rescues City in Rome

Samir Nasri of Manchester City celebrates the opening goal in a 2-0 Champions League win over AS Roma on Wednesday in Rome. City put aside its European struggles to qualify for the last 16. Scan the image with your Metro News app for a roundup of the rest of Wednesday's action. GETTY IMAGES/AFP/GABRIEL BOUYS

World soccer

Champagne wants World Cup bidding truth

Investigations of the 2018 and 2022 World Cup votes should be given more time to finish, according to FIFA presidential contender Jerome Champagne.

Ahead of the FIFA executive committee reviewing the case next week, Champagne suggested Wednesday that the hosting status of Russia and Qatar were still open to question. "I only hope that the truth will come," Champagne said.

THE ASSOCIATED PRESS

MLS

Canadian and MLS soccer loses a good Friend

Veteran Canadian striker Rob Friend has announced his retirement from professional soccer.

His season cut short by concussion symptoms, the 33-year-old from Kelowna, B.C., made 10 appearance in MLS this year after joining the Los Angeles Galaxy in January. "I'm extremely grateful to have played the game I love for a living," Friend said in a statement Wednesday. "I have been fortunate enough to work with some outstanding teammates, coaches and clubs." THE CANADIAN PRESS

Skating duo always pushing four more

Quadruple Salchow. Grand Prix No.2 pair Duhamel and Radford feel quad throw will propel them to new heights

Meagan Duhamel and Eric Radford added a quadruple throw to their program this year to push themselves as much as to push the sport. The difficult element has helped propel the Canadians up the pairs figure skating rankings.

Duhamel and Radford go into the Grand Prix Final this week ranked No. 2, trailing Olympic silver medallists Ksenia Stolbova and Fedor Klimov of Russia.

The two-time world bronze medallists spent much of the off-season perfecting the quad throw Salchow, which has Radford throwing Duhamel four revolutions through the air.

"Anything that pushes us and pushes the sport we feel is important," Duhamel said. "Adding the throw quad to our skating has kept us really motivated, it's encouraged us ... and not just for us, we're looking to push the sport of skating. We've been seeing the throw triple Salchow for 30 or 40 years now, so I think it's time that people push it and



Meagan Duhamel and Eric Radford compete in the pairs free skate during day two of ISU grand prix of figure skating on Nov. 29 in Osaka, Japan. ATSUSHI/GETTY IMAGES

try harder things."

Canada has three entries at the Final in Barcelona — Duhamel and Radford, and ice dancers Kaitlyn Weaver and Andrew Poje, and Piper Gilles and Paul Poirier.

Duhamel, from Lively, Ont., and Radford, from Winnipeg, had considered doing the throw quad years ago, but their coaches believed it wasn't worth the risk. They decided to add it this past off-season, and drew an audience when they were working on it during practices in Montreal.

"Every day it got closer and

closer, eventually I would land on my feet and put my hand down, or I would step out, and it was so exciting for us and our coaches and teammates, they would all stand back and watch, and would be like 'Ooh, is this the one she's going to nail?'" Duhamel said.

"Then the one day we hit it clean with a lot of flow out of it, we were like, 'Oh that's it, that's what it feels like.' And we've been able to repeat that feeling quite consistently."

Duhamel landed the quad throw at Skate Canada International, but then fell on it at

the NHK Trophy two weeks ago in Japan.

The Canadians have a season's best score of 210.74 points, just behind the Russians, whose best is 211.97. Yuko Kavaguti and Alexander Smirnov, the only other pairs team in the world currently doing the quad throw, are also in the field.

Partly because of the quad throw, Duhamel and Radford went into this season reinvigorated after a gruelling Olympic campaign that saw them finish seventh in Sochi.

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Make the most of today's positive influences to start something new. This is a great time for career matters and also for affairs of the heart.

♉ Taurus

April 21 - May 21

You will have to make sacrifices over the next few days but that's OK. You will get your reward later in the month when the Sun moves in your favour.

♊ Gemini

May 22 - June 21

Let others know what you think and feel, especially if you think you're out of your depth and feel you could use some help.

♋ Cancer

June 22 - July 23

You may come into money over the next few days — and it's possible that you will spend it all in record quick time! Mars in the wealth area of your chart warns others won't be pleased by your extravagance.

♌ Leo

July 24 - Aug. 23

Put your needs first today and don't feel guilty about it. Some people may say you are selfish, and maybe you are, but what of it? You have desires and every right to satisfy them.

♍ Virgo

Aug. 24 - Sept. 23

Don't let work get on top of you. There are many ways you can make life easier and the most obvious is to stop pushing yourself so hard. Everything will get done in its own time.

♎ Libra

Sept. 24 - Oct. 23

Some of the people you meet today and tomorrow could be important to you professionally or financially in the future, so be on your best behavior.

♏ Scorpio

Oct. 24 - Nov. 22

Look and act confident today, even though you may not feel it. If your rivals detect fear they will be after you in an instant.

♐ Sagittarius

Nov. 23 - Dec. 21

Mercury in your sign fills your head with lots of ideas, but how do you decide which are good and which are bad? You don't have to decide immediately. Note your ideas down and come back to them later.

♑ Capricorn

Dec. 22 - Jan. 20

The most important thing now is that you get your financial house in order and cut back on activities that waste your time and money.

♒ Aquarius

Jan. 21 - Feb. 19

If others have power over you it is only because you have given them that power — and it is in your power to take it back. Be forceful today but don't be emotional about it.

♓ Pisces

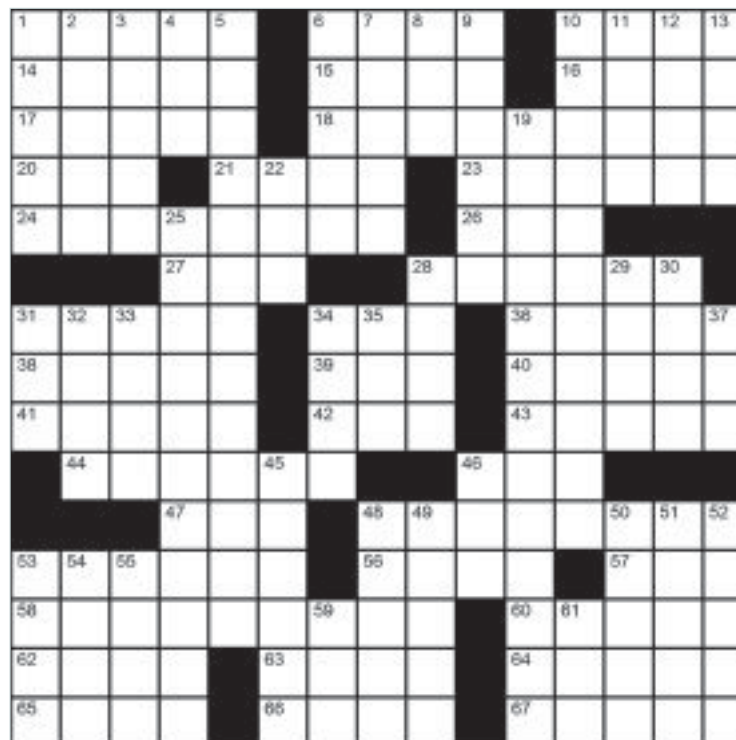
Feb. 20 - March 20

The more others say what you're trying to do is impossible the more determined you'll be to prove them wrong. Your confidence may waver but you should reach your goal.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. "I am the walrus / Goo goo '___'" - The Beatles
6. Streetside serving
10. Designer Vera
14. Leader
15. Mr. Gruffudd
16. Ancient instrument
17. Canadian film-maker Mr. Brassard
18. "Boom Goes the Dynamite" Toronto rapper
20. Particular pan
21. Janis' comical hubby
23. "It's on me!": 2 wds.
24. Ontario's 'cow' village
26. Beirut's locale [abbr.]
27. "Really?" remarks
28. Montreal 'river'
31. Tony __, "The Commish" character
34. __ Fighters
36. Tine
38. Keyboard instrument
39. Deli serving
40. George Fox's "___ You My Word"
41. Old 'town' in France
42. Whichever
43. Kira __, "Star Trek: Deep Space Nine" character
44. Nut kind
46. Farming, briefly
47. Poet's 'far'



48. Sir John A. Macdonald burial city
53. Compete in the WWE, colloquially
56. CCR tune
57. "Sheila" singer Tommy
58. Squash sort
60. Astound
62. Stick __ in the

- lake
63. "___ minute?"
64. Appointed
65. Rove
66. Canadian artist Mr. Gaucher
67. __-turvy

Down

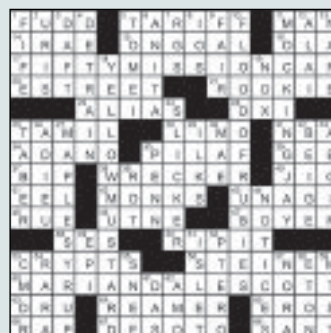
1. __ paper

2. Madrid's month-after-May
3. Taco kit brand, with Paso: 2 wds.
4. Poet's 'above'
5. Arctic: 'Aglu' is a __ made by seals in the ice
6. Manitoba town; or, 'Lord of the Rings'

- role
7. "I'll see __ Friday, then?"
8. Sprinted
9. Playwright Eugene
10. Restaurant for actors Donnie and Mark, and their chef brother Paul, with a new location in

- Toronto
11. Take __ (Drink some)
12. Songstress Ms. Hendryx
13. Stone hue
19. Landform viewed from Thunder Bay so-named because of its outline: 2 wds.
22. CV
25. The what includes Earth and Jupiter?: 2 wds.
28. Conniving
29. __ dire (Questioning process of prospective jurors)
30. Jealousy
31. Bawl
32. Dundee's li'l animal
33. Water: Spanish
34. Imperfection
35. 'Ball' suffix
37. Some stoves
45. Get-up-and-go
46. Plus
48. 1971 Donald Sutherland movie
49. Wee bits
50. The __, Charlie Chaplin's persona
51. Seepages
52. Dependent
53. Double __ Ranch (Setting on "The Roy Rogers Show")
54. Prefix to 'matic'
55. Plato's promenade
59. Pre-Dec. month
61. Chairman in "Revolution"

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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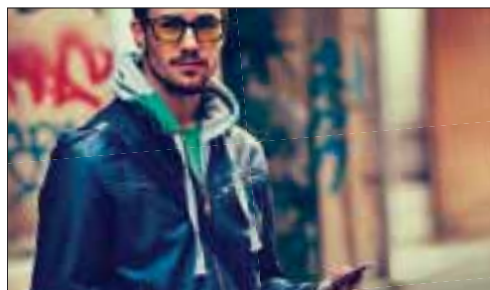
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